

## Essential Advice – 26 March 2020

[HM Government logo in the top left corner]

[NHS logo in the top right corner]

[Text: Coronavirus. Essential Advice]

[Image of 2 virus particles]

[Text: If you or anyone else in your household has a high temperature or a new and continuous cough – even if its mild,]

[Text: DO]

[Text: Ensure EVERYONE in your household stays at home for 14 days]

[Text: Try and keep away from others]

[Text: Ask family and friends to do errands for you including collecting medication]

[Text: If you or anyone else in your household has a high temperature or a new and continuous cough – even if its mild,]

[Text: DO NOT]

[Text: Go to work, school or public places]

[Text: Use public transport or taxis]

[Text: Allow visitors to your home (it's ok for someone to drop off food or medication)]

[Text: Have contact with older people or those with existing health conditions]

[Image of two virus particles]

[Text: Find out how to isolate at home at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)]

[Text: Coronavirus.]

[Text: Protect yourself, others & the NHS]